

Crock Pot Vegetarian Refried Beans



With just a few ingredients, you can add a rich side dish to Taco Tuesday- on any day of the week!

In our house, every Tuesday is TACO TUESDAY! The kids have become so accustomed to it, that sometimes I like to mess with them and make tacos on the “wrong” day of the week. If we eat something different on a Tuesday, they are a little disappointed... but if we eat tacos on any night other than Tuesday, it’s almost unacceptable. I’ll say “it’s Taco Tuesday on Wednesday!” and they respond, “we can’t eat tacos on Wednesdays!” “But why??” I ask. “Because we’d have to call it Waco Wednesday!” they would shout with despair.

Oh trust me, that scenario is totally legit. It happens. Scripted or not, that’s how it plays out every freaking time.

But this week is an exception, because it’s Cinco de Mayo on a Thursday. That’s an unwritten acceptable negotiation and my

hellions are ok with moving the taco consumption in order to celebrate another nation's announcement of victory in war. (Not to be confused with Mexico's Independence Day, that's September 16— which is also not a Tuesday this year.)

My mini-me's could practically prepare taco night by themselves— hard shells and tortillas. Sour cream. Shredded cheese. Lettuce, tomato, onions, and olives. Jalapeños and [this ridiculous taco sauce](#) for mommy. Homemade tomatillo salsa verde, too. And then ground beef or chicken. By the book, typical American-style taco night. Extra napkins, of course.



The perfect side dish
for your next fiesta!

But since tomorrow is a celebration, I wanted to introduce a new dish into taco night. Growing up, a trip to Taco Bell always included way too many tacos and a side of pintos and cheese. What's that, you ask? A bowl of refried pinto beans and a handful of soft, shredded cheddar cheese. They put a lid on it and by the time you filled your fountain drink and sat down to scarf, the cheese would be gooey and melted perfectly. Ok, it was crap quality, but the taste was so good!

So here's my attempt at recreating a mouth-watering memory and introducing it to my family. Let's all celebrate our little victories— not just the big war-type ones. Sometimes sitting

down to eat as a family is a victory in itself. Ole!

Crock Pot Vegetarian Refried Beans

Serves: 8-12

Prep Time: 5 minutes

Cook Time: 8-10 hours

1 lb. dried pinto beans

1 c. [crock pot caramelized onions](#)

3 cloves garlic, peeled

2 t. cumin

2 t. salt

6 c. water

Put all ingredients in crock pot and give it a stir. The water level should cover everything. Cook on high 8-10 hours or low 12 hours. Remove excess water that isn't absorbed, not do not discard. Puree everything in the crock pot using [an immersion blender](#). Add reserved water 1 tablespoon at a time until desired smooth consistency is reached. Serve immediately with toppings like shredded cheddar cheese, sour cream, jalapeños, bacon bits, or use inside of a taco or burrito.

[Sarah's Vegetable Chili](#)

I love when my friends and fans share their recipes... everyone

loves a good crock pot dish that is worthy of sharing! So from one crock pot fanatic to another, here is Sarah's recipe for vegetable chili. It sounds like a great way to use fresh produce and also make a vegetarian dish that will fill everyone's bellies with happiness. I especially like her tools of measurement. Enjoy!

Chop one metric crap-ton (that's 1 HUGE zucchini, 3 small bell peppers, 2 big handfuls of green and wax beans and 2 ears of corn, hulled) to bite-sized pieces and drop into crock pot. Add 3 (15 oz) cans of beans (I used pinto, kidney and dark kidney). Stir to combine.

Separately, combine 1 (8oz) can tomato sauce, 1 (6 oz) can tomato paste, 4 cloves minced garlic, 4 T chili powder, 1 T dried mustard powder, 1 t oregano and 1 t ground cumin. Plop over veggies.

Add 1 box (4 C) vegetable stock. (I like wetter chilis, but you can use less if you prefer a chunkier chili). Stir to combine and coat all the veggies with the chili goodness.

Pop on low for I think mine was on for about 10 hours, so I'll go with the 8-10 hours on low. At this point, you can add cooked elbow noodles, sour cream, cheese, fresh onion...whatever you like.

I'm thinking carrots would sweeten it up a bit if that's what you like. OOH! I bet barley would be good too...Lookie at me, cooking without a complete recipe. My sister would be so proud! ☐ Next recipe will be filled with "a pinch of" and "a dash of" and "half an eggshell of"..."